

# 5 STEPS to Participate in Shared Decision-Making About Medications.

1. **CONSIDER** that a decision about your medication may need to be made.
2. **SHARE** goals of care and preferences.
3. **ASK** about the benefits, risks and expected outcomes of each option and listen to what the healthcare provider says about reasonable expectations.
4. Feel like you **UNDERSTAND** each option, ask questions if not sure.
5. **HELP** make an informed decision about medication options and let your healthcare provider know if you change your mind.

For more information visit [www.deprescribing.org/deprescribing-in-ltc-framework/](http://www.deprescribing.org/deprescribing-in-ltc-framework/)

# Having conversations about **your medications.**

Take part in decisions about your medications with your healthcare provider. Consider using the prompts or questions below to help you when having these important conversations.

- “It is important to me that....”
- “What are the different options available to me? Are there any non-drug options?”
- “What are the risks and benefits of each option?”
- “I would prefer....”



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